



Plant Based  
**RECIPES**

Zucchini Rolls  
with *Tomato and  
Basil Spread*





## *You will need*

4 zucchinis

Tomato and basil flavour spread

Salt

Freshly ground black pepper

Olive oil







# Method

## **1. Prepare the zucchini:**

Wash the zucchinis and slice them lengthwise into thin, long strips using a mandoline slicer.

## **2. Marinate the slices:**

Place the zucchini slices in a bowl and drizzle with olive oil. Season with salt and freshly ground black pepper. Toss gently to coat.

## **3. Cook the zucchini:**

Heat a non-stick pan over medium heat. Add the zucchini slices and cook them evenly on both sides until tender and slightly golden.

## **4. Cool and fill:**

Transfer the cooked slices onto a cutting board and let them cool slightly. Once cool, spread a small amount of the tomato and basil spread on one end of each slice.

## **5. Roll them up:**

Gently roll each slice from the spread-covered end to form small rolls.

## **6. Serve:**

Arrange the zucchini rolls on a plate, garnish with some baby arugula and a drizzle of olive oil.





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